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Your essential daily news | TUESDAY, JULY 21, 2015

High 24°C/Low 16°C Cloudy, chance of showers



## BUSINESS IS GROOMING

Heather MacLean of At Your Door Mobile Pet Grooming blow-dries Rudy and Molly in Upper Tantallon on Monday. MacLean takes her business to areas outside the city so rural pooches can get their style on also. Story in [metroNEWS](#). JEFF HARPER/METRO

## It's like watching grass grow

MAINTENANCE

**Residents tired  
of waiting for  
the city's lawns  
to get mowed**



**Stephanie  
Taylor**  
Metro | Halifax

If the length of your neighbourhood's grass is getting you down, city officials want you to know they're working on it.

A city spokeswoman said Monday they have received a number of complaints from residents upset with the length of grass on sports fields and other areas.

"Our supervisors are aware that we've been behind a bit on the grass maintenance throughout the city," Tiffany Chase said.

Most of the city's green spaces — 5.5 million square metres of grass at 5,200 locations — are mowed by outside contractors, she explained. Earlier this year, the city re-approved nine contracts for a three-year term worth about \$3.4 million.

The growing pains that come with awarding new contracts is one of the reasons Chase said residents have seen a slow up-take in their grass maintenance.

"While they're getting to know that area they're designing the routes and schedules for their staff to best be able to get the work done as per the service standard," she said. "We are seeing improvements day by day on the work that's being done, but there's still work to be done."

While Chase said contractors are working to get up to speed, she wouldn't speculate when the schedule would be back on track.



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Jimmy Melvin Jr. is escorted from Nova Scotia provincial court in Halifax on Monday. Melvin faces first-degree murder charges related to the 2009 shooting death of Terry Marriott Jr.

ANDREW VAUGHAN/THE CANADIAN PRESS

# Melvin Jr. opts not to appear

## COURT

### Crime figure charged with killing Terry Marriott Jr.



**Zane Woodford**  
Metro | Halifax

Jimmy Melvin Jr. opted not to appear in a Halifax provincial courtroom Monday to face charges of first-degree murder, attempted murder and drug possession, and covered his face entering and leaving the courthouse.

Melvin's lawyer, Pat MacEwen, appeared on his behalf to set a date for his next appearance.

That date will be Sept. 8, when the Crown's evidence against Melvin will be laid out in a five-day preliminary inquiry.

A few people watched the short proceedings Monday from the front row of the courtroom

gallery. One woman had a tattoo on her shoulder of praying hands with "Terry 1974-2009" inscribed above.

Melvin is accused of first-degree murder in the 2009 killing of Terry Marriott Jr.

He's also accused of attempting to murder Marriott in 2008 and, in court, Crown attorney Rick Woodburn said a charge of conspiracy to commit murder would be added as well, stemming from the same incident.

Woodburn said conspiracy occurs "when two or more people conspire to do something: in this case, commit murder," but refused to comment on any potential co-conspirators.

Halifax Regional Police spokesman Sgt. Pierre Bourdages wouldn't say if or when a conspiracy charge would be filed, or if anyone else was under investigation — only that



**Mr. Melvin's upset that he's been charged, he's upset that he's being accused of this, he maintains that he's not guilty of this.**

Defence attorney Pat MacEwen

"the investigation is ongoing and additional charges could be laid."

Woodburn said the conspiracy and attempted murder charges will be combined as one file, the first-degree murder charge another, and the drug charges another. Each of the three, he expects, will have its own trial.

The drug charges — two counts each of possession with the purpose of trafficking and possession — were announced Monday morning.

Police say they found marijuana, cocaine, hydromorphone, cannabis resin and drug paraphernalia after arresting

Melvin on Saturday night and searching his car and a nearby residence in the 600 block of the Bedford Highway.

Metro has learned that residence was the Howard Johnson Bluenose Inn.

"Jimmy Melvin was not staying here as far as our records go. He was being housed in a room under somebody else's name," said the hotel manager, who didn't want to be named.

"I don't think anybody knew that he was here."

The manager said she wasn't working Saturday night, but police didn't notify her staff that they were waiting outside to arrest Melvin.

Police waited till Melvin left the hotel parking lot, stopped his vehicle on the Bedford High-



Jimmy Melvin Jr. was arrested leaving the Howard Johnson on the Bedford Highway. JEFF HARPER/METRO

way, broke a window and pulled him out.

Melvin will remain in custody at the Central Nova Scotia Correctional Facility till his preliminary hearing in September, unless

he and his lawyer apply for bail, which they can do anytime at the Nova Scotia Supreme Court.

Woodburn said the Crown would oppose any form of release for the accused.

40

**Number of Jimmy Melvin Jr.'s convictions (2001-present)**



# Reforms needed to tax system: Condo lobby

## ASSESSMENT VALUES

### Report goes before city committee on Tuesday



**Stephanie Taylor**  
Metro | Halifax

One condo group is upset with what seems to be the city's foot-dragging in introducing a new, more fair tax structure for condominiums.

Barbara Hart, who sits on the board of directors with the provincial chapter of the Canadian Condominium Institute, is concerned about a new report that deals with condo assessments and tax incentives for density. The report goes before the city's committee of the whole Tuesday.

Although the report, ordered in 2013, acknowledges disincentives are created for buyers as a result of the current assessment cap and suggests that subsequent action should be taken, it says, "such unfairness is subjective in nature and cannot easily be solved without a wholesale reform of the property tax system."

It goes on to list eight alternatives, from creating a special tax rate for multi-unit condos to asking for the province to change its assessment cap legislation.

However, staff recommend that next year's budget should move ahead using the existing tax structure without any changes, which Hart believes is "contrary to what we would



Work continues on Icon Bay rental units on the Bedford Highway on Monday. JEFF HARPER/METRO



**We pay very much more in taxes than do apartment buildings, but we use identical services, basically.**

Barbara Hart

identify as being the issue."

The issue, she said, lies within the fact property taxes are based solely on assessment values, which is particularly problematic for condominiums as compared to apartment buildings.

"We pay very much more in taxes than do apartment buildings, but we use iden-

tical services, basically," she said Monday.

The 40-page report details that under the current system, apartment buildings are assessed around \$87,000, while last year, the average condo was assessed at \$226,000 — a tad above that of a regular single-family home.

Using a 100-unit condo

building compared to a 100-home residential street as an example, Hart said it is more

costly for HRM to service houses on a city block, than inside one building.



## GROWTH

Coun. Tim Outhit agrees that the tax system must become more equitable for condo owners, especially with the city's mandate to encourage density in the urban core. "The regional plan and (five-year review process) are wonderful documents, but there's ab-

solutely no teeth in the document," he explained Monday. "So if you want to live in a condominium in an area where we want growth, in an area that already has services, should there not be some sort of incentives or recognition through the tax system?"

## DARTMOUTH CROSSING

### Crew frees man high on paint thinner

Halifax Fire arrived at the Walmart in Dartmouth Crossing on Monday afternoon in response to a concerned call from a passerby about a man who appeared to be stuck inside a large donation box outside of the busy store.

The caller said a man's legs could be seen dangling outside of the box.

But when firefighters arrived, they learned the man wasn't stuck at all.

Instead, he had crawled into a narrow opening on his own and proceeded to stay inside and sniff paint thinner, said a Halifax fire spokesman.

"(When firefighters arrived), the smell of paint thinner was very strong," said Halifax spokesman Brendan Elliott.

Elliott added that the man refused to come out.

Firefighters then proceeded to cut the lock to the donation box to release the man inside.

"He was calm and (responders) snatched the paint thinner from him," Elliott said.

When they got him out, firefighters handed him over to paramedics. Halifax Regional Police were also called to offer assistance.

PHILIP CROUCHER/METRO



**He was sitting on clothes and his legs were sticking out the top.**

Brendan Elliott

## DARTMOUTH

### Pair charged with trafficking

A woman and man are facing drug trafficking charges following a traffic stop in Dartmouth over the weekend.

Halifax police say officers stopped a vehicle in the 0 to 100 block of Albro Lake Road on Saturday shortly after midnight.

Police say the lone male driver was arrested at the scene, where officers seized a quantity of a marijuana and ecstasy from the vehicle.

Officers then searched a residence in the same block and confiscated cocaine, marijuana and other drug-related para-

phernalia. They also arrested a woman at the scene, police say.

Now, Jermaine Sinclair Bundy, 37, of Cherrybrook, faces two counts of possession of drugs for the purpose of trafficking and one count of possession of drugs.

Sara Alicia Hubley, 30, of Dartmouth also faces one count of possession of drugs for the purpose of trafficking and possession of drugs.

Police say both were held in custody over the weekend and will appear in Dartmouth provincial court on Monday. METRO



The Halifax Regional Police logo. JEFF HARPER/METRO



## MARINE LIFE

### Tidal energy-related project announced Monday

A project to improve the tracking of fish and marine mammals in the Bay of Fundy was announced Monday. Research partners will develop new sensor systems to measure turbulence.

That data lets developers design and deploy technology that performs better in strong tides and currents. The project will help researchers understand the effect tidal technology has on the marine environment.

CUMBERLAND NEWS

## FALL RIVER

### Vandals cause costly repairs to school

A major cleanup is underway at a Halifax-area school thanks to the work of a group of vandals.

According to a release from Halifax RCMP, sometime between July 13 and 17, a group of people smashed windows, sliced window screens, demolished three portable toilets and sprayed graffiti on outside walls and doors of Ash Lee Jefferson Elementary School in Fall River.

A total of 26 windows were smashed, and graffiti was also sprayed in the parking lot.

Police say they had increased police presence at the school over the weekend, but vandals still returned to spray graffiti on an exterior wall of the school.

The RCMP is asking anyone with information about the incidents to contact them at 902-244-7208 or Crime Stoppers. METRO



# Bike lane pedals forward

## TRANSPORTATION

### Hollis Street project to cost city more than first estimated



**Stephanie Taylor**  
Metro | Halifax

Despite an earlier hiccup in construction estimates, the city confirmed Monday that work on the long-awaited Hollis Street bike lane has been awarded and is scheduled for installation by the end of summer.

On Monday, a city spokesman said the work has been awarded to the lowest bidder on the project, Dexter Construction, for \$230,900 — about \$55,000 more than was originally estimated.

A pre-construction meeting has been slated to take place next week, according to the city.

"The project is not changing any way in terms of its scale," city spokesman Brendan Elliott said Monday.

## + BACKGROUND

### Cycling infrastructure

The much-anticipated one-kilometre bike lane is planned to run down Hollis Street, from the Cogswell ramp to Terminal Road.

The project was awarded to Dexter Construction who bid \$230,900 to build the bike lane — a figure \$55,000 higher than what the city had estimated.

Although he said the city recognizes the bid was higher than the original estimate of \$175,000 allocated in the budget, officials expect to make up the difference through other projects.

"It's the same as what we see with all kinds of projects where we put a number out there of what we think it'll cost, but really, the market decides what anything costs and it totally depends on what the people out there are going to bid," he explained Monday.



**A cyclist travels on Hollis Street on Monday. Construction of the kilometre-long bike lane along Hollis Street will be completed by Dexter Construction by the end of the summer.**

JEFF HARPER/METRO

"That's why we're always reluctant to tell people what our estimated cost will be for something, because we really don't know until the tenders come in how much something will cost."



**The market decides what anything costs and it totally depends on what the people out there are going to bid.**

Brendan Elliot, city spokesman

## WEEKEND MAINTENANCE

### Bridge to close early for repairs

The Macdonald Bridge will be closed for a few extra hours this weekend while crews replace bearings on the Dartmouth side of the span.

The bridge will reopen on Friday morning at 7 a.m. rather than the usual 5:30 a.m.

Overnight Friday, the bridge will be closed from 7 p.m. to 5:30 a.m. and, if necessary, it will close for three hours Saturday night at 10 p.m. to finish the job.

A release from Halifax Harbour Bridges says the bearings being replaced this weekend are on one of the piers on the Dartmouth side, and are original components of the bridge from when it opened in 1955.

The bearing replacement is part of HHB's \$150-million bridge redecking project — the Big Lift — which will see all parts except the bridge's towers and cables replaced over the next year. METRO

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# Giving city's dirty pooches the door-to-door treatment

## PET CARE

### Mobile dog grooming business booming

**Rebecca Dingwell**  
For Metro | Halifax

Heather Maclean says the wet dog smell isn't always a pleasant one — but she's gotten used to it.

"She's doing really good for her first groom," Maclean said of Molly, a "Morkie" who was none too pleased to be getting bathed on Monday.

Molly's brother, Rudy, looked on from a towel on the grooming table nearby. His bath was done, but he wasn't looking forward to the rest of the process, including the dreaded blow dry.

On Monday, Maclean groomed the two Maltese and Yorkshire terrier crosses.

For two years, Maclean has been running At Your Doorstep Mobile Grooming from a trailer. As the name suggests, she travels to the homes of dog owners who want a one-on-one treatment for their furry friend.

"Working in a regular grooming salon, I noticed there was a lot of stress," Maclean said while hard at work.

One of Maclean's three dogs



Heather Maclean of At Your Door Mobile Pet Grooming takes Rudy out of the tub while Molly waits for her turn in Upper Tantallon on Monday. JEFF HARPER/METRO

has a condition called "fear aggression." In other words, when she gets scared, she bites other dogs. As a result, going to a grooming parlour isn't a good option for her.

"I more or less had (my dog)



**People say, 'Oh, you get to play with puppies all day.' I wish it was as easy as that.**

Heather Maclean, who was once bitten in the face by a dog while she was grooming it

in mind ... and I Googled it," said Maclean, who is from Tantallon. "A guy in Connecticut makes these trailers and they're quite big down in the States."

After doing further re-

## + STAYING BUSY

It's a labour of love as Heather Maclean works six days a week and around 10 hours a day. Depending on the sizes, she can groom five or six dogs a day.

"When you love what you do and you love your clients, you just do it."

search, Maclean started her business.

"It has boomed," she said, adding that she's booked until the middle of August.

From the outside, the trailer looks small, but Maclean usually is the only person inside. Her biggest client is a 153-pound Newfoundland breed.

"You have to have an extreme amount of patience to do this," she said, rubbing shampoo into the squirming Morkie.

Maclean has a variety of clients — each with unique challenges. Rudy, for example, is afraid of the blow dryer.

"People say, 'Oh, you get to play with puppies all day.' I wish it was as easy as that."

During her time as a groomer, Maclean has only been bitten once.

"That was in the face by a Ridgeback," Maclean said. "But that was a warning shot. He just grazed my nose."

## IN BRIEF

### Councillor wants city to do better job on road painting

One Halifax councillor is hoping to improve the municipality's maintenance of its road painting.

Coun. Steve Craig explained in an email that the point of bringing the issue before regional council Tuesday is to better understand why the city does not currently re-paint street lines in a timely manner to ensure the highest standard of safety.

Therefore, he plans to request that municipal staff write a report outlining the current policies and procedures around street traffic control pavement paint marking, answering why the maintenance only occurs on a yearly basis.

He also wants the report to explore the environment-

al factors that impact line painting, as well as provide options to council on how to implement a faster timeline of the service. METRO

### Two Halifax beaches back open for swimming

Black Rock Beach in Point Pleasant Park has reopened for swimming.

The beach was closed last week after tests showed high bacteria levels in the water.

A release from the municipality says the level of bacteria in the water is now back down within Health Canada guidelines.

Birch Cove Beach in Dartmouth is also open again, after it tested too high for bacteria last week as well.

The Dingle Beach on the Northwest Arm remains closed for high bacteria.

METRO

### Poker legend killed in ultralight plane crash

Described as one of the most recognizable faces on the Canadian poker circuit, Norman Overdijk is being remembered by players across the country.

The 54-year-old Middle River resident died Saturday after the ultralight plane he was piloting crashed into a barn on West Side Middle River Road. A 26-year-old passenger was transported to hospital.

Overdijk was named Canadian Poker Tour player of the year in 2011, which led to him being featured on the cover of Canadian Poker Player magazine that year.

The RCMP's preliminary investigation indicated the ultralight crashed into a barn shortly after takeoff.

CAPE BRETON POST



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# Health-care workers aim to provide more inclusive spaces

## LGBTQ ISSUES

### Lunchtime chat at new library part of Halifax Pride

Heide Dingwell  
For Metro | Halifax

Cybel Rieber said she is honoured to have witnessed changes to LGBTQ rights, justice and health in her lifetime.

At the same time, she ac-

knowledge the fight isn't over.

Rieber, the Pride Health co-ordinator for Nova Scotia Health, was joined by a panel of health professionals for a lecture on making space for LGBTQ patients in health care.

The lecture was the first of a series organized by Halifax Pride at the Halifax Central Library.

"We're just beginning to see trans identities and non-binary identities being acknowledged in health systems and research," Rieber told the attendees Monday. "Bisexual identities are even further behind."

Rieber noted the American Medical Association denounced so-called "cures" for homosexuality in 1992. However, conversations about opposing reparative therapy for trans folks are just beginning.

"In 2015, we have yet to have gender identity and gender expression added to the Canadian Charter of Rights and Freedoms," said Rieber.

Patrick Daigle, of Addiction Prevention and Treatment Services, offered some examples of efforts his department has made to make LGBTQ folks feel welcome.



**We know we have a long way to go. (But) there are some great allies within our system as well.**

Cybel Rieber

For instance, Daigle said, staff clarifies appropriate pronouns with their patients. In addition, the washrooms have gender-neutral signage.

"We have some work to do around assuming gender," Daigle said. "On our forms, we have some work to do."

Daigle was referring to forms with only "male," "female" or

"transgender" as options.

"We're past that now. There's more inclusive ways to be asking these questions."

Daigle shared an opinion echoed by many of the lecturers — they need community feedback to do better.

When nurse practitioner Nikki Kelly asked how many audience members have had

a bad experience in the emergency room, the majority of hands shot up.

Kelly was joined by Robert MacKinley. Both work for the Halifax Infirmary.

"Unless we hear about it, we probably aren't going to change anything," said MacKinley.

He pointed to the issue of preferred names, which sometimes differ from the legal name of the individual.

"Tell us your preferred name ... we'll use it," he said. "I didn't know it was a big deal until I heard from you."

## LOTTERY

# Nova Scotia co-workers strike it rich

Cumberland County is home to the second million-dollar lottery winners in a month.

Peter McCathie of Amherst Shore and Diana Miller of Amherst are co-workers who purchased a Lotto 6/49 Combo 4 lottery ticket together every week. They recently found they had won a guaranteed \$1-million prize from the July 15 draw.

McCathie owns the store where he purchased the ticket and where he and Miller both work, Miller as a baker.

McCathie said he'll use his winnings to pay off some debt, and maybe take a few days off now and then, which will let him pursue his passions of cooking and fishing.

Next year, he and his wife will celebrate their 30th anniversary, so they may go on a second honeymoon, possibly to Ecuador.

Miller's plans are not set,

though she has decided on one thing.

"As soon as I get cold, I'm going to Cancun for a holiday," she said.

She'll continue to work though, as she loves her job, and spend time on her farm.



**Maybe I won't ask him for a raise this year.**

Diana Miller

They purchased their ticket at the store where they work, using the retailer play button. That indicates the ticket purchase has been made by a lottery retailer or a retail employee.

"When purchasing draw-based tickets, our lottery re-

tailers and retail employees are encouraged to stamp their tickets using the Retailer Play button on the lottery terminal," said Jay Merritt, manager of risk management and investigations at Atlantic Lottery.

The stamp helps protect players and retailers from any disputes regarding ownership.

"We are pleased that these winners used the button; in the absence of using the retailer play stamp, any related party wins are subject to a minimum 30-day review," he said.

The winning ticket was sold at the Amherst Shore Country Store. The retailer will receive a one per cent seller's prize.

Their win is the second recent millionaire win in Cumberland County. Helen Fortune of Oxford Junction won \$1 million on the June 17 Lotto 6/49 draw, exactly four weeks earlier.

CUMBERLAND NEWS



Diana Miller and Peter McCathie are Cumberland County's latest million-dollar lottery winners. Their number was drawn during the guaranteed \$1 million Lotto 6/49 draw on July 15.

DENIS DUQUETTE/ATLANTIC LOTTERY CORPORATION

## CAPE BRETON

# Liquefied natural gas project gets export approval from U.S.

A proposed liquefied natural gas facility in Cape Breton has received export approval from the U.S. Department of Energy.

Bear Head LNG Corp. says the approval would authorize it to bring up to 440 billion cubic feet per year of U.S. natural gas to Canada and to export up to eight million tonnes of liquefied natural gas per year to free-trade countries.

The company says it is now waiting for the same author-

ization from Canada's National Energy Board.

Environmental approval was granted by the Nova Scotia's Environment Department in May.

The company must address 32 terms and conditions to control greenhouse-gas emissions and to reduce impacts on wildlife, water and wetlands at the site near Port Hawkesbury.

Construction of the facility is expected to begin next

**8 million**

Bear Head LNG can export up to eight million tonnes of liquefied natural gas per year to free-trade countries.

year, with operations to start in 2019.

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## CRIME

## Sydney police nab 'well-dressed bandit' in connection with bank robberies

Toronto police say a man they're calling the "well-dressed bandit" has been arrested in Nova Scotia in connection with a series of bank robberies last year.

Police allege a man dressed in a suit and tie, with a concealed black handgun in his coat, robbed a Toronto bank in the Rogers Road and Keele Street area on Oct. 23, mak-

ing away with an undisclosed amount of cash.

They say the suspect attempted to rob a second Toronto bank on Nov. 6, this time in the area of Queens Plate Drive and Highway 27, but didn't get any money.

On Nov. 10, police allege, the suspect successfully robbed two banks, one in the College Street-Grace Street

# \$10K

The Canadian Bankers Association offered a reward of up to \$10,000 in March for information.

area and the second, only a half hour later, in the Bloor

Street West-Dovercourt Road area.

Toronto police say members of its Hold-Up Squad arrested a suspect in Sydney on July 14.

Forty-seven-year-old William Richard Turner has been charged with two counts of armed robbery and two counts of robbery.

THE CANADIAN PRESS



Employment Minister Pierre Poilievre responds to a question during question period in the House of Commons on Parliament Hill in Ottawa on June 12. SEAN KILPATRICK/THE CANADIAN PRESS

## 'Completely indefensible'

## POLITICS

### Minister slammed for party logo at announcement



Michael Woods  
Metro | Ottawa

Employment Minister Pierre Poilievre is facing renewed accusations of crossing the line between partisan and government activity.

Poilievre wore a golf shirt emblazoned with the Conservative party logo to a government announcement on Monday in Halifax, heralding the arrival of the first boosted Universal Child Care Benefit cheques.

The event was organized by Employment and Social Development Canada, a department spokesperson confirmed.

Opposition critics accused Poilievre of using public resources to make a partisan announcement. The government's communications policy says government institutions "must not participate in, or lend support to, partisan events organized for political party purposes."

Liberal MP David McGuinty called the announcement "obscene" and "completely indefensible."

"The very fact that Poilievre has the audacity to show up at a publicly supported announcement wearing a Conservative logo, it tells you all you need to know," said McGuinty, the MP for Ottawa South. "There's nothing blurry about this at all. This is black and white. This is basically cheating."

"They're not even trying to pretend anymore. It's overtly partisan and political, it's costing Canadian taxpayers millions of dollars, and it's in total breach of democratic fair play."

Poilievre's office did not immediately respond to a request for comment.

McGuinty has proposed a bill that would forbid politicians from appearing in government advertisements.

The NDP also criticized Poilievre's choice of clothing.

"They have crossed the line," said Mathieu Ravignat, the NDP's Treasury Board critic.

### + BACKGROUND

It's not the first time Poilievre has faced such accusations. He came under fire in May for filming a video in his riding of Nepean-Carleton that required public servants to work on a Sunday and bill overtime.

### IN BRIEF

#### Building under construction collapses, one injured

Halifax firefighters rescued a man from the roof of a building on Lucknow Street in the city's south end after the addition he was working on collapsed Monday afternoon.

"The building actually had an addition being put on the side of it, and when

it collapsed part of it fell onto the roof of the existing structure," said division commander Lloyd Currie.

When the new structure collapsed around 4 p.m., it trapped a worker on the existing structure. "He was laying on one of the walls that had fallen over," he said.

ZANE WOODFORD/METRO

INSIDEWALK  
SALE

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PARK LANE

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# Girl with HIV in remission

## HIV-AIDS

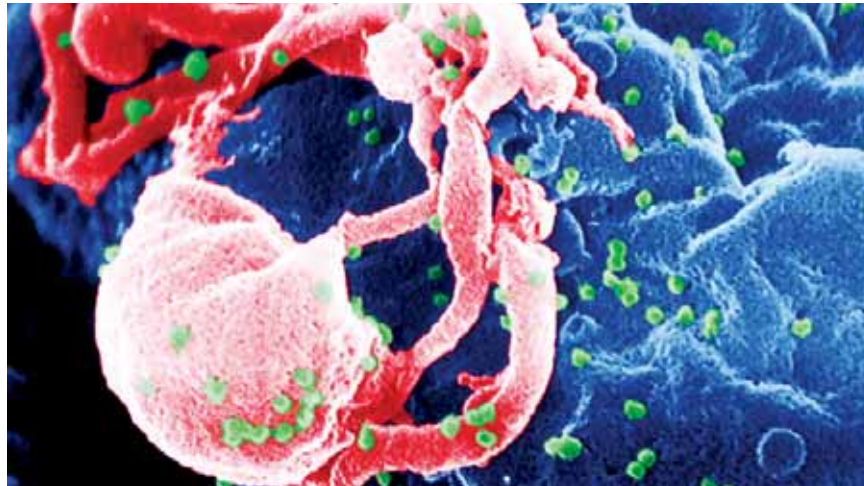
### No detectable virus in blood of teen untreated in past 12 years

An 18-year-old French girl exposed at birth to HIV has been in remission for 12 years with no detectable virus in her blood — despite stopping drug treatment at the age of five, an international HIV-AIDS conference in Vancouver has been told.

The teen is among a very small number of HIV-infected people in the world who have remained free of active infection for a number of years without continuous treatment with antiretroviral drugs.

The unidentified girl was infected at the time of her birth in 1996 because of transmission from her mother, whose HIV was poorly controlled, said Dr. Asier Saez-Cirion of the Pasteur Institute in Paris.

"So the girl received a prophylactic treatment from the day she was born," Saez-Cirion



This undated photo provided by the U.S. Centers for Disease Control and Prevention shows a scanning electron micrograph of multiple round bumps of the HIV-1 virus on a cell surface.

CYNTHIA GOLDSMITH/CENTERS FOR DISEASE CONTROL AND PREVENTION VIA THE ASSOCIATED PRESS

**“We don’t know whether she will need (treatment) in the future.”**

Dr. Asier Saez-Cirion

said in an interview from Vancouver, where he is attending the eighth International AIDS Society Conference on HIV Pathogenesis, Treatment and Prevention.

The infant was kept on that drug regimen — standard therapy for children at risk of being

infected — for six weeks, after which “her viral load went up to very high levels,” he said.

At three months of age, doctors put the girl on antiretroviral drugs, which stop HIV from replicating in the cells and eventually progressing to AIDS.

She remained on those medications until about age 5-1/2. Saez-Cirion said it’s not known why the family halted the girl’s treatment.

The child returned to the clinic after being off antiretrovirals for a full year and doctors were surprised to find there were no signs of HIV in her blood.

“This girl has been able to maintain virus control for 12 years now. So for 12 years, she has been in remission from infection,” Saez-Cirion said.

He said the French teen represents the longest period a child has gone without treatment with no detectable HIV levels in the blood, although testing has shown she does harbour HIV DNA in her cells — what’s known as a reservoir of the virus.

“However, another thing that needs to be perfectly clear is that this girl is not cured,” stressed Saez-Cirion.

“The virus is still there, but her remission means that she hasn’t needed treatment for many years.

“But we don’t know whether she will need it in the future.”

THE CANADIAN PRESS

## WINNIPEG

### Truck rams five cruisers



**Colin Fast**  
Metro | Winnipeg

Outside Winnipeg police headquarters was like a scene from Grand Theft Auto Monday as a moving truck with the words “Bill Murray” on the side deliberately rammed five police cruisers parked on the street, while a nearby group of pot protesters blazed up in public.

The chaos unfolded shortly after 11 a.m. in front of the Public Safety Building, when witness Tim Jaskow said a three-ton white moving truck pulled alongside a row of police cars on Princess Street and drove back and forth three times to smash the vehicles.

“At first I thought he was making a delivery and maybe made a mistake, and then I thought he was nuts,” Jaskow said.

The truck sped off and was later followed by several police vehicles westward along the Trans-Canada Highway beyond Portage La Prairie.

Winnipegger Scott Stroth said he was driving in Headingley when the truck came up behind him, driving erratically.

Stroth said he moved over to let the truck pass, and a few seconds later, a WPS vehicle, an unmarked vehicle and an RCMP cruiser began the chase.

The suspect evaded spike belts before RCMP were successful in stopping the truck with another spike belt. One man was arrested. Winnipeg police have not identified him, but a reliable source identified him to Metro Winnipeg as Wayne Rennie, 24.

The incident disrupted a “smoke-in” held by supporters of Your Medical Cannabis Headquarters on Main Street.

WITH FILES FROM CANADIAN PRESS

## IN BRIEF

### Petition urges all parties to back commission findings

A petition that calls on all political parties to incorporate the recommendations of the Truth and Reconciliation Commission into their election platforms has more than 1,200 signatures.

The petition, which is spearheaded by three professors at the University of Manitoba, calls it a “crucial moment in Canadian history.”

It calls on governments of all levels to recognize the

harm done by aboriginal residential schools and acknowledge their “genocidal character.”

The petition notes the work that went into the commission and calls on all Canadians to reflect deeply on its findings.

The commission visited hundreds of communities and heard testimony from 7,000 residential school survivors, including graphic details of rampant sexual and physical abuse.

THE CANADIAN PRESS

## ELECTIONS

### Court repeals vote for expats

Allowing Canadians who have lived abroad for more than five years to vote in federal elections would be unfair to those who live in Canada, Ontario’s top court ruled Monday.

In a split decision, the Court of Appeal overturned a ruling that had restored the right of more than one million long-term expats to vote.

“Permitting all non-resident citizens to vote would allow them to participate in making laws that affect Canadian residents on a daily basis but

**“This would erode the social contract.”**

Justice George Strathy

have little to no practical consequence for their own daily lives,” Justice George Strathy wrote for the majority court.

“This would erode the social contract and undermine the

legitimacy of the laws.”

Two Canadian citizens living in the United States — Montreal-born Jamie Duong and Toronto-born Gillian Frank — launched the constitutional challenge, arguing the five-year rule was arbitrary and unreasonable.

Both argued they had only left for educational and employment opportunities and still had strong attachments to Canada and a stake in its future.

THE CANADIAN PRESS

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**6 PM SIX@6 LAST NIGHT:**

- 6 Fifth Harmony ft Kid Ink Worth It
- 5 Demi Lovato Cool For Summer
- 4 Major Lazer ft DJ Snake and Mo'Nale Lean On
- 3 Nicki Minaj The Night Is Still Young
- 2 Skrillex ft Justin Bieber & Diplo Where Are You Now
- 1 The Weeknd Can't Feel My Face

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# Security Council endorses watershed Iran nuke deal

## UNITED NATIONS

### Israel's envoy calls vote 'a very sad day' for the world

The UN Security Council on Monday unanimously endorsed the landmark nuclear deal between Iran and six world powers, and authorized a series of measures leading to the end of UN sanctions that have hurt Iran's economy.

But the measure also provides a mechanism for UN sanctions to "snap back" into place if Iran fails to meet its obligations.

Both U.S. Ambassador Samantha Power and Iran's UN Ambassador Gholamali Khoshroo called the agreement an important achievement for diplomacy, the Iranian promising to be "resolute in fulfilling its obligations" and the American pledging to be vigilant in ensuring they are carried out.

The resolution had been agreed to by the five veto-wielding council members — who, along with Germany, negotiated the nuclear deal with Iran. It was co-sponsored by all 15 members of the Security Council. The European Union's foreign ministers endorsed the deal later Monday in Brussels and pledged to implement it.

Under the agreement, Iran's nuclear program will be curbed for a decade in exchange for potentially hundreds of billions of dollars' worth of relief from international sanctions. Many key penalties on the Iranian economy, such as those related to the energy and financial sec-



Ron Prosor, Israel's ambassador to the United Nations, addresses a news conference at the UN headquarters, Monday, after the Security Council unanimously endorsed the landmark nuclear deal between Iran and six world powers. THE ASSOCIATED PRESS

tors, could be lifted by the end of the year.

Iran insists its nuclear program is purely peaceful, aimed at producing nuclear energy and medical isotopes, but the United States and its Western allies believe Tehran's real goal is to build atomic weapons. U.S. President Barack Obama has stressed that all of Iran's pathways to a nuclear weapon are cut off for the duration of the agreement and Iran will remove two-thirds of its installed centrifuges and get rid of 98 per-

cent of its stockpile of uranium. Britain's UN Ambassador Matthew Rycroft said "the world is now a safer place in the knowledge that Iran cannot now build a nuclear bomb."

But Israel's UN Ambassador Ron Prosor told reporters im-

**"The world is now a safer place."**

Matthew Rycroft, Britain's UN Ambassador

mediately after the vote that the Security Council had "awarded a great prize to the most dangerous country in the world," calling it "a very sad day" not only for Israel but the entire world.

The document specifies that seven resolutions related to UN sanctions will be terminated when Iran has completed a series of major steps to curb its nuclear program and the International Atomic Energy Agency has concluded that "all nuclear material in Iran remains in peaceful activities."

All provisions of the UN resolution will terminate in 10 years, including the "snap back" provision on sanctions.

But last week the six major powers — the U.S., Russia, China, Britain, France and Germany — and the European Union sent a letter informing UN Secretary-General Ban Ki-moon that they have agreed to extend the snap back mechanism for an additional five years. They asked Ban to send the letter to the Security Council.

THE ASSOCIATED PRESS

## LAW

### UAE outlaws haters

The United Arab Emirates has issued new legislation aimed at combating intolerance, outlawing actions that stoke religious hatred and discriminate based on religious or ethnic background.

The law's introduction Monday comes amid growing alarm in the Emirates and other oil-rich Gulf Arab states over the rise of militant extremists, particularly the Islamic State group.

The legislation bars discrimination based on "religion, caste, creed, doctrine, race, colour or ethnic origin," according to official state news agency WAM. It also criminalizes any action that encourages religious hatred or insults religion, and calls for punishing those who label other religious groups as infidels or unbelievers.

"The law is intended to provide a sound foundation for the environment of tolerance, broadmindedness and acceptance in the UAE," the report said.

The law was decreed by the president, Sheikh Khalifa bin Zayed Al Nahyan. Among other things, it targets actions that are considered hate speech or promote discrimination or violence in all forms of media.

Penalties include six months to more than 10 years in prison and fines up to two million dirhams (\$545,000 US). Authorities held out the possibility of amnesty for those who proactively turn themselves in.

The Emirates is a Western-allied, seven-state federation that includes oil-rich Abu Dhabi and the Mideast commercial hub of Dubai. Home to the second largest Arab economy, it has emerged as a multicultural trade and tourism centre.

THE ASSOCIATED PRESS

## MALAYSIA AIRLINES FLIGHT 17 CRASH

# Russia introduces alternative UN resolution



A relative cries during a commemoration ceremony in Nieuwegein, Netherlands, Friday, for those killed when Malaysia Airlines Flight 17 was brought down. THE ASSOCIATED PRESS POOL

Russia on Monday introduced a UN resolution demanding that those responsible for shooting down a Malaysia Airlines plane over Ukraine last year be brought to justice — but eliminating the international tribunal that the five countries investigating the crash are seeking to prosecute the perpetrators.

Russia said earlier this month it opposed a draft submitted by Malaysia on behalf of the five countries that would establish an international court.

The rival Russian draft reso-

lution expresses concern that the investigation isn't ensuring "due transparency in its organization and work methods, which may have a negative impact on its outcome."

Ukraine and the West suspect Flight MH17, travelling from Amsterdam to Kuala Lumpur, was destroyed by a surface-to-air missile fired by Russian soldiers or Russia-backed separatist rebels, killing all 298 people on board.

Moscow denies that and Russian officials and state media have alleged the plane was shot

down by a Ukrainian missile or warplane.

The Russian draft states that "the establishment of the true causes of this aerial incident is critical for bringing those responsible to justice" and suggests that the International Civil Aviation Organization "could play a more active and appropriate role in this investigation." The Security Council met behind closed doors Monday afternoon so Russia's Ambassador Vitaly Churkin could examine the text.

THE ASSOCIATED PRESS

## IN BRIEF

### Broken strut believed to have doomed rocket

SpaceX suspects a 61-centimetre steel strut snapped inside its unmanned Falcon 9 rocket and led to last month's launch accident at Cape Canaveral, Fla.

The company's founder and chief executive, Elon Musk, said Monday that these struts had flown many times before without any problem.

The strut was holding down a helium bottle in the liquid oxygen tank.

THE ASSOCIATED PRESS





**Cuban-American Gina Gonzalez waves an American flag in front of the United States embassy in Havana, Cuba, Monday, July 20, 2015.** DESMOND BOYLAN/THE ASSOCIATED PRESS

# Flag of Cuba raised in D.C.

## POLITICS

### Ceremony kicks off new post-Cold War relations

Cuba's blue, red and white-starred flag was hoisted Monday at the country's embassy in Washington, signalling the start of a new post-Cold War era in U.S.-Cuba relations.

In sweltering heat and humidity, Cuban Foreign Minister Bruno Rodriguez presided over the flag-raising ceremony hours after full diplomatic relations with the United States were restored at the stroke of midnight. Earlier, without ceremony, the Cuban flag was added in the lobby of the State Department alongside those of other countries with which the U.S. has diplomatic ties.

Several hundred people gathered on the street outside the embassy, cheering as the Cuban national anthem was played and three Cuban soldiers in dress uniforms stood at the base of the flagpole and raised the flag.

But there were also signs of the sore points that continue in the U.S.-Cuba relationship. In remarks inside the embassy Rodriguez cited Cuban independence leader Jose Marti, who he noted had paid tribute to America's values but also warned of its "excess craving for domination."

He also slammed the U.S. for continuing to hold on to Guantanamo Bay, the U.S. naval base in Cuba where the American military prison continues to hold terror suspects. Rodriguez said Guantanamo was a "nefarious consequence" of



**Cuban Foreign Minister Bruno Rodriguez.**

THE ASSOCIATED PRESS

U.S. attempts to dominate the hemisphere.

"Only the lifting of the economic and commercial and financial blockade which has caused so much harm and suffering to our people, the return of occupied territory at Guantanamo and the respect for Cuban sovereignty will lend some meaning to this historic event to which we bear witness today," Rodriguez said, repeating demands the Cuban leaders have made throughout the normalization process.

On a more conciliatory note, Rodriguez thanked President Barack Obama for taking steps to ease sanctions thus far and calling on Congress to repeal the economic embargo.

In Havana, meanwhile, a carnival atmosphere reigned around the new U.S. Embassy overlooking Havana's Malecon seaside promenade. By midmorning, the Cuban government had pulled back several of the eight or so security guards who had stood watch.

A pair of officers stood on each corner around the building, smiling and wishing "buenos dias" to passers-by instead

of casting stony glares. Curious Cubans clustered around the forest of flagpoles at the front of the embassy, snapping photos as U.S. tourists posed for selfies in front of the building.

In Washington, some 500 guests, including a 30-member delegation of diplomatic, cultural and other leaders from the Caribbean nation, attended the Cuban ceremony at the stately 16th Street mansion that has been operating as an interests section under the auspices of the Swiss Embassy.

Rodriguez met in Washington with Secretary of State John Kerry, who will travel to Havana Aug. 14 to preside over a flag-raising ceremony there. Rodriguez was the first Cuban foreign minister to set foot in the State Department since 1958.

Shortly after midnight, the Cuban Interests Section in Washington switched its Twitter account to say "embassy." In Havana, the U.S. Interests Section uploaded a new profile pictures to its Facebook and Twitter accounts that said U.S. Embassy Havana.

Though normalization has taken centre stage in the U.S.-Cuba relationship, there remains a deep ideological gulf between the nations and many issues still to resolve. Among them, thorny disputes such as mutual claims for economic reparations, Havana's insistence on an end to the 53-year trade embargo and U.S. calls for Cuba to improve on human rights and democracy.

Some U.S. lawmakers, including several prominent Republican presidential candidates, have vowed not to repeal the embargo and have pledged to roll back Obama's moves on Cuba. THE ASSOCIATED PRESS

## MONSANTO

### Young puts money where his mouth is

Rocker Neil Young is lending his support to the state's efforts to label foods containing genetically modified ingredients.

Young, who performed in concert Sunday at the Champlain Valley Exposition in Vermont, appeared earlier with Gov. Peter Shumlin and donated \$100,000 to a fund devoted to defending Vermont's genetically modified organism, or GMO, labeling law from legal challenges.

Vermont last year passed a

law under which it's scheduled to become the first U.S. state to require foods with altered DNA to be labeled as such. The Grocery Manufacturers of America and other industry groups are suing to block the law before its scheduled implementation date, July 1, 2016.

Young has been touring to promote a new album, *The Monsanto Years*, which is sharply critical of the Monsanto Co.'s role in agriculture.

THE ASSOCIATED PRESS

## IN BRIEF

### Germany awards medals of to Nazi-hunting couple

Jewish lawyer Serge Klarsfeld and his German-born wife Beate received the Order of Merit at the German embassy in Paris on Monday.

The couple spent decades hunting down Nazis who had gone into hiding after World War II, including Klaus Barbie.

The Klarsfelds' work often embarrassed governments that had failed to apprehend former Nazis and, in Germany's case, allowed them to rise to high office.

THE ASSOCIATED PRESS

### McCain says Trump should apologize to veterans

Sen. John McCain said Monday Republican presidential candidate Donald Trump doesn't need to apologize to him for remarks about his long captivity in Vietnam, but should tell veterans and their families that he's sorry.

McCain said he believed it was "totally inappropriate for Mr. Trump to say he doesn't like to be with people who are captured."

THE ASSOCIATED PRESS

## AIR AND SPACE MUSEUM

### One giant request for crowdfunding

The U.S. National Air and Space Museum is launching a crowdfunding campaign to conserve the spacesuit Neil Armstrong wore on the moon. The campaign begins Monday, marking 46 years since Armstrong's moonwalk in 1969.

The museum aims to raise \$500,000 on Kickstarter to conserve the suit, build a climate-controlled display case and digitize the spacesuit with 3D scanning. Armstrong's spacesuit is deteriorating and hasn't been



**Neil Armstrong's spacesuit.**

THE ASSOCIATED PRESS

displayed since 2006. The museum plans to display it for the 50th anniversary of Armstrong's moonwalk. THE ASSOCIATED PRESS



## IN BRIEF

## PayPal's stock soars

PayPal shares jumped \$2.81 US, or seven per cent, to \$41.20 US on the Nasdaq Stock Exchange on Monday, its first day as a separate and publicly traded company as the firm outlined plans to capitalize on the rise of mobile payments and the growing digitization of money. The payments system company officially split with eBay Inc. on Friday. PayPal CEO Dan Schulman and employees rung in the opening bell on the Nasdaq.

THE ASSOCIATED PRESS



Dan Schulman, PayPal's CEO. COURTESY PAYPAL

## market minute

	<b>DOLLAR</b> 76.94¢ (-0.06¢)
	<b>TSX</b> 14,425.55 -217.29
	<b>OIL</b> \$50.44 US (-77¢)
	<b>GOLD</b> \$1,106.80 US (-\$25.10)

**NATURAL GAS:** \$2.823 US (-4.7¢)  
**DOW JONES:** 18,100.41 (+13.96)



An employee replaces prices with the new Value Added Tax (VAT) at a supermarket in Athens Monday. Many goods became more expensive as the first batch of austerity measures, demanded by Greece's creditors, kicked in. THE ASSOCIATED PRESS

# Greeks face price hikes

## ECONOMY

## Banks open but cash curbs still in place

Greece set a series of landmarks Monday it hopes will shore up its battered economy following months of crisis that threatened its place in the euro.

Banks reopened after more than three weeks, and the cash-strapped country got a short-term loan from European creditors to pay more than six billion euros (about \$8.45 billion US)

owed to the International Monetary Fund and the European Central Bank. Non-payment on either would have derailed Greece's recent bailout request.

Though the bank daily cash withdrawal limit stayed at 60 euros (about \$85), the government has given individuals a new weekly limit of 420 euros (about \$600) from this coming Sunday so they don't need to trudge to the ATM every day.

But for most recession-weary Greeks, Monday was all about the price of goods as new tax rises demanded by creditors on everything from coffee to taxis took effect. Dimitris Chronis,

who has been running a small kebab shop in central Athens for 20 years, says the new taxes could push his business over the edge, especially when combined with higher business taxes and meat prices. "I can't put up my prices because I'll have no customers at all," said Chronis, who said sales have slid by around 80

**"I can't put up my prices because I'll have no customers."**

Dimitris Chronis, shop owner

per cent since banking restrictions were imposed June 29.

There are few parts of the Greek economy left untouched by the increase in sales taxes on many basic goods from 13 per cent to 23 per cent. They have been imposed on many basic goods, from cooking oils to condoms, through to popular services, such as eating out at restaurants and ferries to the Greek islands.

The tax rises formed part of a package of confidence-building measures the Greek government had to introduce for negotiations on a third bailout to begin.

THE ASSOCIATED PRESS

## ASHLEY MADISON

## Cheating website hacked

A Canadian-owned website for people seeking affairs was recovering from a cyberattack Monday after hackers stole confidential customer information, posted some of it online and threatened to publish all of it unless the company is shut down.

Avid Life Media, which owns Toronto-based cheating site AshleyMadison.com, called the attack an "act of cyberterrorism" and vowed to hold those behind the hack responsible for their actions.

While its site appeared to be working normally Monday morning, an online security blog, KrebsOnSecurity.com, posted what appeared to be a screenshot of the site's home page late Sunday bearing a message from those allegedly behind the hack.

"We are the Impact Team. We have taken over all systems in the entire office and production domains, all customer information databases, source code repositories, financial records, emails," the message said, according to Krebs.

Whoever hacked the site claimed they did so to expose alleged lies Ashley Madison told customers about a service that allows members to erase profile information for a \$19 fee, Krebs reported. But Avid Life said the allegations about the "paid-delete" option on Ashley Madison were false.

The company said it was offering its full-delete option free, in light of the cyberattack.

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## ROSEMARY WESTWOOD

metroview

### We look for laughs from a politician, and politics from a comic

I want to love Amy Schumer. Not just love her, really, more like worship. I could spend all day listening to her crack period and vaginal-discharge jokes. I'd be happy to watch her give a never-ending acceptance speech for a "Woman of the Year" award, lambasting the celebrity beauty standards for women, noting she can "catch a d-k" whenever she wants, and not caring that most men in the audience aren't laughing.

I caught Trainwreck, her new movie (or rather, the baby she made with director Judd Apatow), on the weekend, and I realized that I really do like toilet humour — I'd just never heard it done well by a woman before. The film thus felt groundbreaking, I said afterwards, full of raunchy, off-kilter comedy that's long been the domain of men.

But — and I won't be the first to tell you this — there's a problem with comic-worship.

Schumer is a feminist, yes, but that's not her job. Her job is jokes. (Some people don't even think she's great at that, like those who say she makes racist jokes.) When people tell you Trainwreck wasn't that revolutionary because it has (spoiler alert) a happy monogamous ending, please remind them: It's a Hollywood flick. Get your counterculture somewhere other than a rom-com, people. It's not surprising that the message is

a conforming one — it would be surprising if it weren't.

On the flip side, let's pause for a moment to ponder Donald Trump. The man with the Orange Crush skin and scarlet red tie. The man who knows how to overcome controversy: By adding to it.

First, he makes racist remarks against Mexican immigrants to the U.S. Then he suggests John McCain is a wimp for getting captured in the Vietnam War: "He is a war hero because he was captured. I like people that weren't captured, OK?"

Talk about a punchline. Isn't it great to watch? A crazy billionaire as the top Republican candidate for President of the United States. What could be more entertaining than Trump being taken seriously?

Take the New York Times, which noted his campaign "is built entirely around the instincts and grievances of its unpredictable candidate — and does not rely on a conventional political operation that protects presidential hopefuls from themselves."

Hmmm... tell me more of the "strategy" behind Trump.

To recap: We're looking for laughs from a politician, and politics from a comic. Something is amiss.

Yes, comedy can drive social change. But it's Schumer we should be paying to make us laugh. And politicians — if not Trump — to make us think.

## THE BIG THING: FUNCTIONAL FRIENDS

It was a simple experiment that raised complicated questions. Researchers at the Rensselaer Polytechnic Institute disabled the speech of two of three super-smart robots, then asked "Which one of you can speak?" One said, "I don't know," but then, hearing its own voice, backtracked and said, "I know now," thus passing a crucial self-awareness test. But real self-awareness, the kind we need to make and keep friends, takes far more than knowing when you're the only one in the room talking (though that's a good start). Here are the tests Metro would like to run before entrusting any robot — no matter how smart — with our friendship. METRO

### 1 The talking-to-servers test

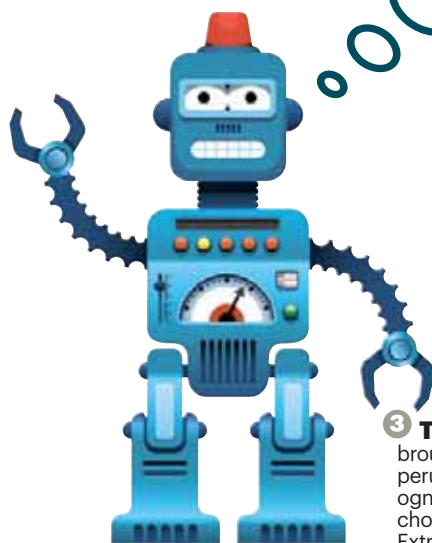
Robots are sent to dinner at a busy sit-down restaurant. Researchers observing from nearby tables attempt to discern in subjects' interactions with staff any evidence that the bots understand how much harder it is to serve than to be served — and that the people who do the job are human beings, not just a bunch of food-dispensing robots.

### 2 The backpack-on-the-bustest

Robots with bulky backpacks are released onto public-transit during rush hour. Researchers record whether robots remove their backpacks and hold them at their feet, and, whether, when seated, they look up from their phones often enough to notice pregnant, elderly or infirm passengers to whom they should give up their seats.

### 3 The karaoke test

Robots are brought to a karaoke room and allowed to peruse the song binder. Those who recognize and accept their vocal ranges and choose songs accordingly pass the test. Extra credit to those who choose songs the whole group can enjoy.



# How to make regular transit more accessible

## YOUR RIDE

Erica Butler



Gerry Post is a fan of Halifax Transit's regular bus service.

"I just discovered it," Post told me earlier this summer.

Of course, Post didn't just discover the bus. What he discovered was the relative ease of using Halifax Transit's standard bus service in his wheelchair.

"I used to use Access-a-Bus, but now I hardly ever do," he said.

Halifax Transit is mostly accessible, and getting more so. Come August, when routes 80 through 83 become officially accessible, 75 per cent of our routes will be available to wheelchair and scooter users.

Within three to four years, 100 per cent of our buses will be of the access-

ible-low-floor (ALF) variety. And we're adding 50 to 60 concrete pads each year in an effort to reduce the number of inaccessible stops (currently about 350, or 14 per cent of the total number of stops), where bus boarding ramps can't safely be deployed.

But Post is a savvy guy, and the fact that he was so late to get on board the conventional bus betrays a challenge for our more-accessible-than-ever transit system: People need to feel comfortable using it.

For riders able to manoeuvre around independently, Halifax Transit's regular service offers advantages over Access-a-Bus (for one, you don't need to book in advance.) But making the switch can be intimidating.

Post would like to see a buddy system to help orient new users to the ease and accessibility of the system. Halifax Transit hosts

**We've got a good thing going on with accessible transit, but we still have challenges to overcome. We need to get people comfortable using it, and we need to step up our winter standards.**

monthly travel training sessions for those who request them, but a more proactive approach may be needed to attract more wheelchair and scooter users to the regular bus system.

Of course, there's another issue to resolve as well, one that throws our transit accessibility back decades every winter: snow.

"In the winter, I can't

take the bus," Post said.

Although streets and sidewalks with transit routes have a high priority for snow clearing, the stops themselves do not. Instead, stops are given the lowest priority we assign: 48 hours from the end of snowfall. That means the number of inaccessible bus stops balloons every time we have a snowfall, and in some winters, it means shutting out riders for weeks at a time.

We've got a good thing going on with accessible transit, but we still have challenges to overcome. We need to get people comfortable using it, and we need to step up our winter standards, so once they are on the bus, they will be able to get around all year.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

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## PHILOSOPHER CAT by Jason Logan







Your essential daily news

Over 1.1 million copies of Harper Lee's *Go Set a Watchman* sold in North America

Taylor Swift tops Canada's music charts with most singles sold so far in 2015. GETTY IMAGES

## Taylor top-selling artist in Canada

### MUSIC Mid-year sales report puts Swift's 1989 and Sheeran's x neck and neck

Midway through 2015, good friends Taylor Swift and Ed Sheeran were locked in a tight race for the top-selling album in Canada.

According to Nielsen Entertainment's mid-year Canadian report, either Swift's blockbuster 1989 or Sheeran's x has the slight edge in sales so far this year.

If looking purely at album sales, the 24-year-old Sheeran has sold 117,000 copies of his sophomore album to Swift's 111,000.

But the unassailable Swift claims the edge over the ginger Brit when track-equivalent album sales are factored in: 172,000 to 170,000.

Sheeran, who steered a headline-grabbing Canadian tour before hosting last month's MMVAs, has the biggest single hit of the two of them with Thinking Out Loud. It's second only to the

### + FRIDAY RELEASE

#### Record industry decides to drop albums on Fridays

As of last week, the music industry initiated a worldwide shift toward pushing out almost all new albums on Fridays, upending the previous North American standard of Tuesday releases.

Industry execs are touting a globally synchronized release date as a tonic for piracy, an opportunity for internationally co-ordinated marketing and a chance to stimulate sales with free-spirited weekend whimsy.

Nielsen Entertainment's senior vice-president of industry insights David Bakula says that until a blockbuster release is issued on a Friday, it will be tough to fairly

analyze the impact the shift will have. However, Bakula notes that release dates seem to hold less weight in the digital age.

And until there's evidence of the Friday shift's effect on sales, it's difficult to find a musician who will admit to caring.

Mac DeMarco's upcoming EP Another One will be released on Aug. 7, which is a Friday. When asked about it, the Edmonton native dismissively referred to the move as "some big industry plan."

"Tuesday, Friday, what's the difference?" asked the Juno-nominated artist. "To me, I don't even know what day of the week it is."

THE CANADIAN PRESS

Ultimately, both artists sold roughly 101,000 copies when track-equivalent album sales are factored into the equation.

It's also been quite the year for the Weeknd.

The Toronto R&B singer, otherwise known as Abel Tesfaye, snuck his single Earned It into the Top 10 in radio play and on-demand audio streams, and the album from which it was culled — the steamy soundtrack to *Fifty Shades of Grey* — took the third spot on the album chart.

Overall, total digital music sales (including single tracks and albums) increased 3.2 per cent compared to this time last year, Nielsen reported, while CD sales fell nearly nine per cent. Vinyl sales, though clearly a much smaller part of the market, leapt up 40 per cent.

Streaming volume also increased dramatically in Canada, to 10.5 billion total audio and video streams in the first half of the year.

"The biggest story of the year continues to be the growth of streaming," said David Bakula, Nielsen's senior vice-president of industry insights.

"Streaming is becoming the primary choice of consumption for many music fans." THE CANADIAN PRESS

### INTERVIEW

## Neon Trees frontman gets frank

EMILY LAURENCE  
Metro in New York

Neon Trees shot up the charts in 2012 with their party-ready songs Animal and Everybody Talks, but the tracks on their most recent album Pop Psychology are a bit more melancholy.

The band's new single Songs I Can't Listen To is about a breakup, but not of the romantic variety.

"My best friend of nine years said she was getting married

and didn't think we could be friends anymore," Glenn tells us. "It broke my heart in a way that's different from a romantic relationship."

While he says the two haven't spoken since the sad talk, he did just receive an invite to her wedding, though he hasn't decided if he's going to go or not.

Though the song is all about a friend breakup, the music video is about a gay romantic relationship, noteworthy since Glenn, 31, just came out last year, in an interview with Roll-

ing Stone.

"I totally forgot it would be something people would comment on," Glenn says of the same sex relationship in the video. "It wasn't meant to be click bait or shocking."

Glenn wasn't out when he was working on Pop Psychology, but the songs reflect experiences he had as a gay man.

"Sleeping With A Friend is about a guy who is straight and married to a woman," Glenn tells us. "So that's kind of awkward for him."

Glenn says that he will be

talking even more about personal relationships on the next Neon Trees album.

"Half of my life in my 20s was a secret, so now I'm way honest to a fault and having a good time because I can," he says.

He says fans can expect the band's new songs to be happier, since he's in a good place right now. "I usually feed off of being heartbroken or a negative situation."

"It's been interesting writing more when someone good is in your life."



Tyler Glenn came out as gay in a 2014 Rolling Stone interview. Since then, he says, his songwriting has become more personal. THE ASSOCIATED PRESS



# What guys get wrong at the gym

**HOLD IT! YOU'RE EXERCISING WRONG**

**Everything you think you know about working out is probably wrong, dude**

**Matthew Lee**  
Metro in New York City

Look, man, I'm going to be straight up with you: You're likely doing it wrong at the gym. Take it from me, someone who until pretty recently (last month) didn't know anything (okay, I knew a little) about working out at the gym.

What changed?  
I met with Edward Jackowski: personal trainer, founder of Exude fitness in New York City, and author of seven books including *Hold It! You're Exercising Wrong*. Jackowski, who is a master at what he does, examined me with a single look and explained what workout routine I should be doing based on my body type.

When I explained my current workout routine to Jackowski — a mix of exercises I discovered online and through word of mouth — he told me I was doing everything wrong and that I wasn't alone.

Here are the three most important things I learned to do at the gym (everything you're not doing).

## 1. CORE

Most men do only two things in the gym: lift weights to bulk up their arms and chest, and intimidate me. This is because men, and humans in general, like to do what they're good at (especially intimidating me).

What they often leave out of their work out is their core, which Jackowski describes as your lower abdomen, upper legs and groin. It's a region most men leave out of their routine.

"Men are good with the crunches, but they're not good with the lower abs," Jackowski told me. It's not just that, however: Men often leave this area as the last part of their routine, or dump it altogether.

"When you work out and you save your abs for the last part of your workout, because you lifted so many weights at the end, you lose motivation because you're tired." And that often leads to an incomplete set, or skipping them altogether, Jackowski explained.

The lesson? Do your core workout immediately after you stretch. Core workouts suck, but it's best to get the worst out of the way first.

## 2. STRETCHING

More often than not, men aren't stretching at the gym. If they are stretching, there is a decent chance that they're not doing it at the right time. Jackowski explained to me that the best order of operations for exercise isn't to stretch before working out, but to stretch after a proper warm-up.

"By warming up and stretching, you are asking your body for permission: 'May I be aggressive with it?'" Jackowski explained, which is also a great way to avoid injury or strain to your body.

A warm-up can be any mild exercise that gets you nice and lubricated with sweat. Whether it's pedalling on a bike, or jogging on a treadmill until you feel like a human Slip 'N Slide, after seven minutes, you'll be warmed up and ready for a good stretch.



**Men are good with crunches, but they're not good with lower abs**

Edward Jackowski,  
personal trainer and author

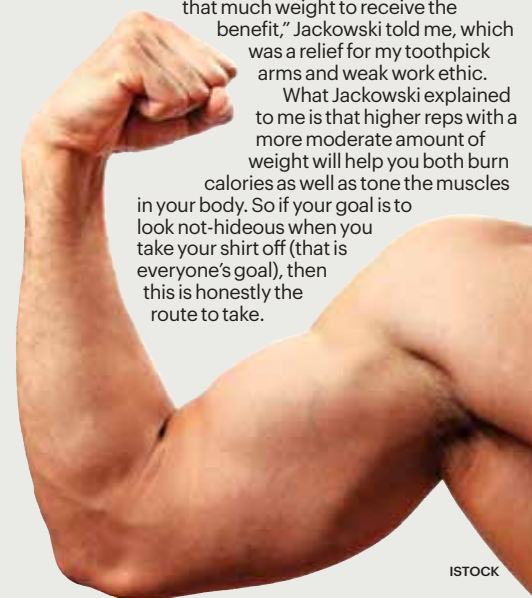
## 3. WEIGHT LIFTING

One of the most intimidating aspects of the gym is the presence of all the gorilla bros lifting small school buses over and over and spewing testosterone like it's no one's business.

But does your fitness routine really require you to lift your first grade class's collective body weight over and over again?

"The reality of the situation is that we don't need to be lifting that much weight to receive the benefit," Jackowski told me, which was a relief for my toothpick arms and weak work ethic.

What Jackowski explained to me is that higher reps with a more moderate amount of weight will help you both burn calories as well as tone the muscles in your body. So if your goal is to look not-hideous when you take your shirt off (that is everyone's goal), then this is honestly the route to take.



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— Adrienne



## Cougar Domestic Medium Hair

One-year-old Cougar was fostered for a couple of months after being found under a home with her kittens. Cougar is a small, lively cat with a kittenish face who parades by to get the best of the caressing attention of a visitor. She is well socialized, loves people and is now ready to settle into her forever home.

**Please drop by the shelter today to see if you and Cougar hit it off.**

For more information on **Cougar** and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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**METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA**





Zach Johnson celebrates winning the British Open with members of the public in St. Andrews, Scotland, Monday. JON SUPER/THE ASSOCIATED PRESS

## Zach goes on attack in playoff

### BRITISH OPEN

#### Johnson wins claret jug, Spieth finishes tied for fourth

Jordan Spieth's spirited bid for a Grand Slam was stopped Monday by Zach Johnson, who is no longer just a normal guy from Iowa.

Not with a claret jug to go with that green jacket.

Johnson captured his second major — this one at the home of golf — winning the British Open in a playoff over Louis Oosthuizen and Marc Leishman that capped off five wild days at St. Andrews and a suspense-filled final round.

Most eyes were on 21-year-old Spieth. No one ever came

closer to the third leg of the Grand Slam.

Spieth fought back from taking four putts for a double bogey on No. 8 with back-to-back birdies. He rolled in a 50-foot birdie putt for a share of the lead with two holes to play. After missing an eight-foot par putt on the 17th hole, he needed a birdie on the closing hole to join the playoff.

"Up and down for a playoff," was the last thing Spieth said to caddie Michael Greller from about 90 yards away. It was too far right and rolled to the edge of the Valley of Sin

short of the green, and his birdie attempt up the slope stayed inches left of the cup.

"We gave it a great effort," Spieth said.

He joined Arnold Palmer, Jack Nicklaus and Tiger Woods —

the three biggest names in golf over the last half-century — as the only players to capture the Masters and U.S. Open, only to come up short in a quest for the holy grail in golf — all four professional majors in the same year.



Jordan Spieth  
GETTY IMAGES

# 12

Johnson now has two majors among his 12 PGA Tour wins

Johnson won the Masters in 2007 and described himself as just a normal guy from Cedar Rapids, Iowa.

Not any more.

The 39-year-old Johnson now has two majors among his 12 PGA Tour victories, an astounding record and an example that a good wedge game and putter can still go a long way in this era of the long ball. Johnson was in tears when he was interviewed off the green, and he cradled the jug after his acceptance speech.

"I'm grateful. I'm humbled. I'm honoured," Johnson said. "This is the birthplace of the game, and that jug means so much in sports."

On a tense afternoon of shadows and showers on the Old

Course, Johnson closed with a 6-under 66 by holing a 30-foot birdie putt on the 18th hole in regulation, and caddie Damon Green strutted and flapped his arms in his celebratory chicken dance.

It was the first British Open playoff since Stewart Cink beat Tom Watson at Turnberry in 2009, and the first involving more than two players since 2002 at Muirfield, the year Woods failed in his bid for the third leg of the slam.

Oosthuizen was a runner-up for the second straight major. He was one shot behind Spieth in the U.S. Open at Chambers Bay.

THE ASSOCIATED PRESS

### + TOP AMATEUR

Jordan Niebrugge had an outside shot at the silver claret jug. He was more than happy to leave St. Andrews with a silver medal.

Niebrugge pulled within three shots of the lead on the back nine until he could no longer keep up.

He closed with a 2-under 70 to tie for sixth at 11 under.

Paul Dunne entered Monday with a share of the lead but closed with a 78 to tie for 30th.



Jordan Niebrugge  
GETTY IMAGES



# 'Playing for the name on the front'



Former Carleton Ravens star Aaron Doornekamp brings veteran international know-how to the Canadian men's basketball team. LEO RAMIREZ/AFP/GETTY IMAGES

## PAN AM 2015

### Canada hoops squad not dwelling on absent stars

At the tender age of 29, Aaron Doornekamp is a grizzled veteran of the men's Pan Am basketball squad, one of two players born before the Berlin Wall came down.

He first wore the Maple Leaf when the Pan Ams were held in Brazil in 2007, and has since represented his country on six occasions.

"We'll see if I get upgraded to first class one of these times," he joked Monday when asked about the miles he's logged playing for Team Canada.

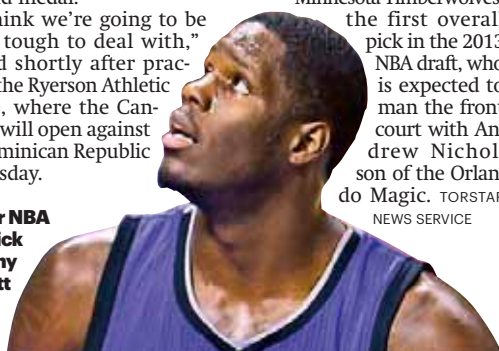
The six-foot-seven forward from Napanee, Ont., has mingled with his share of Canadian basketball talent.

And even though there's been much discussion about who isn't on the 12-man roster — ahem, Andrew Wiggins — Doornekamp said the crew they've assembled is ready to mirror the success of the women and make a run for the gold medal.

"I think we're going to be pretty tough to deal with," he said shortly after practice at the Ryerson Athletic Centre, where the Canadians will open against the Dominican Republic on Tuesday.

**Former NBA No. 1 pick Anthony Bennett**

GETTY IMAGES



“

It can be an exciting thing to be able to play at home, and we have to use that energy and that enthusiasm to our advantage.

Jay Triano.

"It doesn't matter who's here. We're here to win... It's cutting out the name on the back of the jersey and playing for the name on the front."

The team put together by head coach Jay Triano and Canada Basketball assistant GM Rowan Barrett features Doornekamp and 34-year-old Carl English, but also a core of younger players. Fresh out of high school and suiting up for NCAA powerhouse Kentucky in the fall, 18-year-old Jamal Murray is expected to see significant minutes at point guard, while Dillon Brooks, 19, was a late addition after playing for Canada's under-19 team at the FIBA world championship in Greece.

The Pan Am team also includes Anthony Bennett of the Minnesota Timberwolves, the first overall pick in the 2013 NBA draft, who is expected to man the front court with Andrew Nicholson of the Orlando Magic.

TORSTAR NEWS SERVICE



GREGORY BULL/THE ASSOCIATED PRESS

## Games at a glance

**Around Toronto.** Patricia Bezzoubenko, of Thornhill, Ont., clockwise from top, won a silver medal in rhythmic gymnastics with a score of 15.933. Canada's women's handball team (0-2-1) tied Puerto Rico 21-21 in its last preliminary-round game. The Canadians finished tied for third in group A. Jason McClintock, Cambridge, Ont., finished tied for fourth with a result of 3.50/58/11.25 and qualified for the final. Maxime Potvin of Quebec City, defeated Terrence Jennings, U.S., 13-11 in the men's 68kg taekwondo semifinals and was going for gold later Monday. Go to [metronews.ca](http://metronews.ca) for more results.



CHRIS YOUNG/THE CANADIAN PRESS



MARTA IWANEK/TORSTAR NEWS SERVICE

## TRACK AND FIELD

### Ready to rock out of the blocks Tuesday



Andre De Grasse will look to build off a productive NCAA track career at the Pan Am Games. GEOFF ROBINS/AFP/GETTY IMAGES

It is seldom that Canada's track and field athletes get to show their stuff in front of appreciative home audiences and they seem poised to announce their Pan Am Games presence with authority.

The Games meet kicks off Tuesday morning at York University and Canada could begin wracking up medals right off the bat.

Women's javelin tosser Liz Gleadle, men's pole vaulter Shawn Barber and women's 5,000-metre ace Jessica O'Connell headline the opening morning

session of the five-day meet that is one of the marquee attractions of the Games.

And the newest track star seemingly destined for greatness, sprint sensation Andre De Grasse runs his 100-metre heat.

The Americans have sent very much a 'B' team to Toronto, holding back their best for the worlds while other Pan Am countries aren't likely able to match Canada's depth.

So Tuesday morning could be a prime example of Canada's overall talent coming to the fore

TORSTAR NEWS SERVICE



MARK BLINCH/THE CANADIAN PRESS



# Tour leader's teammate crashes on final descent

## CYCLING

## Chris Froome set to battle challengers in the Alps

Two bright-yellow Tour de France arrows attached to a telephone pole were telling Geraint Thomas to veer sharp right.

He rode straight into them.

Roadside spectators on the hairpin bend both froze and scattered as the burly Welshman barrelled toward them. Braking frantically, one shoe unclipped from his pedals, the right-hand man for race leader Chris Froome tried to shave off speed.

No joy.

A spectator's folded plastic chair flew as the racer for Team Sky careened into the pole, shoulder and helmeted-head first. Thomas bounced off it like a tossed rag doll and disappeared over a drop-off into a dark thicket of woods.

At least he finished Stage 16 with his sense of humour intact. Asked if he still remembered his name, Thomas jokingly replied: "Chris Froome."

Had it really been race leader Froome, not Thomas, who



Great Britain's Christopher Froome, wearing the overall leader's yellow jersey, rides in the pack during the 183-km fifteenth stage of the 102nd Tour de France on Monday between Mende and Valence in southern France. ERIC FEFERBERG/AFP/GETTY IMAGES

crashed on the stage's hair-raising final descent in the foothills of the Alps, their Team Sky bosses wouldn't have seen the funny side.

Surviving the tortuous downhill bends raced at speeds of 70 km/h or more with his body and race lead still in one piece means that Froome now only has four days of climbing to get through before the British rider sips a flute of champagne Sunday on the Champs-Élysées.

Outwitting Peter Sagan, who took heart-in-the-mouth risks on the descent, Spanish rider Ruben Plaza Molina rode triumphantly into the finish at Gap as the solo

**I'm sure it will take more than a knock to the head to keep him out. He's Welsh. People from Wales are tough.** Team Sky manager Dave Brailsford

winner. Crossing the line, Plaza sucked his right thumb as a wink to his young son.

The Lampre-Merida rider reached the top of the stage's last climb with about a minute's lead on Sagan, who rides for Tinkoff-Saxo.

As they both sped down, with Sagan gaining, Plaza's team kept him updated on the time-gap via his earpiece radio.

battle in the Alps after a rest day on Tuesday.

Victoria's Ryder Hesjedal was in 71st place, over an hour and 40 minutes behind Froome. Langley, B.C., native Svein Tuft was 167th.

Sagan beat his heart several times as he crossed the line 30 seconds behind Plaza. Sagan said he copied the chest-thump from the Leonardo DiCaprio movie, *The Wolf of Wall Street*. The Slovak has been a wolf on the road, constantly hunting for wins — so far without success. This was his fifth second place at this Tour.

Thomas's crash wasn't his fault. French rider Warren Barguil tried cutting the bend and collided with the Welshman, sending him on to his close encounter with the telephone pole.

The Giant-Alpecin rider was apologetic. He said he had wanted to brake but his finger slipped.

"I was very frightened," Barguil said. "I didn't do it on purpose."

Having clambered out of the bushes, Thomas remounted his bike.

"Then the mechanic came with the other one, so I jumped on that," he said. "Probably wasted a few seconds."

To be exact, 38 seconds. That's how much time he lost on the stage to Froome and other podium contenders. Froome understandably didn't hang around to see if his teammate was OK. Froome, after all, has a Tour to win, while Thomas is just his support rider.

Still, the crash is a setback to Thomas' chances of joining Froome on the podium in Paris. At the start of the stage, Thomas was 4 minutes and 54 seconds behind his Team Sky leader. Now he is 5:32 back, still in sixth place overall.

THE ASSOCIATED PRESS

## FIFA

## Blatter to remain prez until February

Sepp Blatter had a good day at the office on Monday, even if a prankster tried to spoil it by showering the FIFA president with fake dollar bills at a news conference.

Nothing could spoil Blatter's day after he outwitted some of his FIFA opponents to earn precious extra time as their president and enjoy more such days in 2016.

Mastering FIFA politics yet again, amid calls to step down immediately, Blatter is set to stay atop world soccer for seven more months after FIFA agreed Monday on a Feb. 26 election to replace him. Blatter was in such a



Sepp Blatter  
GETTY IMAGES

good and defiant mood that he quickly shrugged off a chaotic start to his first major public appearance since a stunning resignation statement last month.

A British comedian who gatecrashed the news conference at FIFA's headquarters threw the fake bills in the air after making a spoof statement about supporting North Korea to host the 2026 World Cup.

The image of Blatter cowering under a spray of money was powerful amid ongoing American and Swiss federal investigations of FIFA corruption, yet he regained his poise.

"I just called my late mother," he quipped on returning to the room minutes later, "and she said, 'Don't worry, it's just a lack of education.'"

Still, it made for an uneasy start with international networks and FIFA's own YouTube channel broadcasting the news conference live.

"Where is my security?" Blatter had shouted.

The interruption provided an awkward reminder of a far more serious incident for FIFA in May, when the arrest of soccer and sports marketing officials plunged the game's ruling body into its deepest crisis.

Jolted by the dual criminal investigations into bribery and money laundering, Blatter announced four days after being elected for a fifth term that he would leave FIFA.

"It was not only the pressure of any authorities ... it was also the pressure of political interference and also the pressure of you, media," said Blatter, who is a target of the U.S. investigation.

THE ASSOCIATED PRESS

## + CLOSEST RIVAL

Froome's closest rival remains Nairo Quintana, trailing by 3:10. Last year's champion, Vincenzo Nibali, clawed back a few seconds by riding away from Froome's group on the last climb. But the Italian is still 7:49 off the lead, in eighth place.

## NHL

## Quebecor enters bid for expansion team

Quebecor Inc. has entered the running for an NHL expansion team.

The media company wrote on its Twitter account that it submitted its "candidacy for the NHL expansion process in order to bring the Nordiques back to Quebec City."

The NHL announced last month it was opening the formal expansion

process. The application process began July 6, with the first stage lasting until Monday. Quebec City has not had an NHL team since the Nordiques left became the Colorado Avalanche in 1995.

Quebecor is among several groups that has expressed interest in an expansion franchise, along with Las Vegas, Seattle and others. THE CANADIAN PRESS

**2017-18**

The NHL has said the earliest any expansion would happen is the 2017-18 season.

## IN BRIEF

### Predators sign forward Craig Smith to \$21M deal

The Nashville Predators have avoided arbitration with Craig Smith by signing the forward to a \$21.25 million, five-year contract.

General manager David Poile announced the deal with the restricted free agent on Monday.

Smith, 25, has scored at least 20 goals in two straight seasons. He had five points in six games in Nashville's first-round playoff loss to Chicago.

THE ASSOCIATED PRESS

## NHL

## Oilers ceremony to honour Glen Sather

The Edmonton Oilers will raise a banner at Rexall Place to honour former coach, general manager and executive Glen Sather.

The ceremony will take place Dec. 11 before a game versus the New York Rangers. Sather, who coached the Oilers to four Stanley Cup championships, is currently the Rangers president.

Sather will become the ninth Oiler to be honoured with a banner, joining Al Hamilton, Wayne Gretzky, Jari Kurri, Grant Fuhr, Paul Coffey, Mark Messier, Glenn



Glen Sather  
GETTY IMAGES

(1984-88) and a fifth in 1990 as the team's president and general manager. THE CANADIAN PRESS

Anderson and longtime radio broadcaster Rod Phillips.

Sather was inducted into the Hockey Hall of Fame in 1997. He won four Stanley Cups as the Oilers head coach



## RECIPE Tomato, Avocado, Crouton and Parmesan Crisp Salad



### EAT LIGHT AT HOME

**Rose Reisman**

rosereisman.com

@rosereisman



### Ready in

Prep time: 15 minutes

### Serves 6

### Ingredients

- 1 cup freshly grated Parmesan cheese (4 oz)
- 4 slices French baguette (1/2-inch thickness), cut into cubes
- 1 Tbsp grated Parmesan cheese
- Salt and pepper
- 4 cups cherry or grape tomatoes, sliced in half
- 1/2 cup diced ripe avocado
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 1 tsp Dijon mustard
- 1/2 tsp minced garlic
- 3 Tbsp chopped basil

### Directions

**1.** To make the Parmesan crisps: Preheat the oven to 375 F. Line a baking sheet with parchment paper. With a 1 Tbsp measuring spoon, place the cheese on a baking sheet, making 12 rounds. Bake for eight minutes.

**2.** At the same time, place baguette cubes on small baking sheet lined with foil. Spray with vegetable oil and sprinkle with 1 Tbsp Parmesan cheese and salt and pepper. Bake for eight minutes or until toasted.

**3.** Place tomatoes and avocado on serving platter. Combine ingredients for dressing and pour over top. Garnish with baguette croutons and Parmesan crisps.

### Nutrition per serving

- Calories 180
- Carbohydrates 4 g
- Total fat 12 g
- Sodium 350 mg

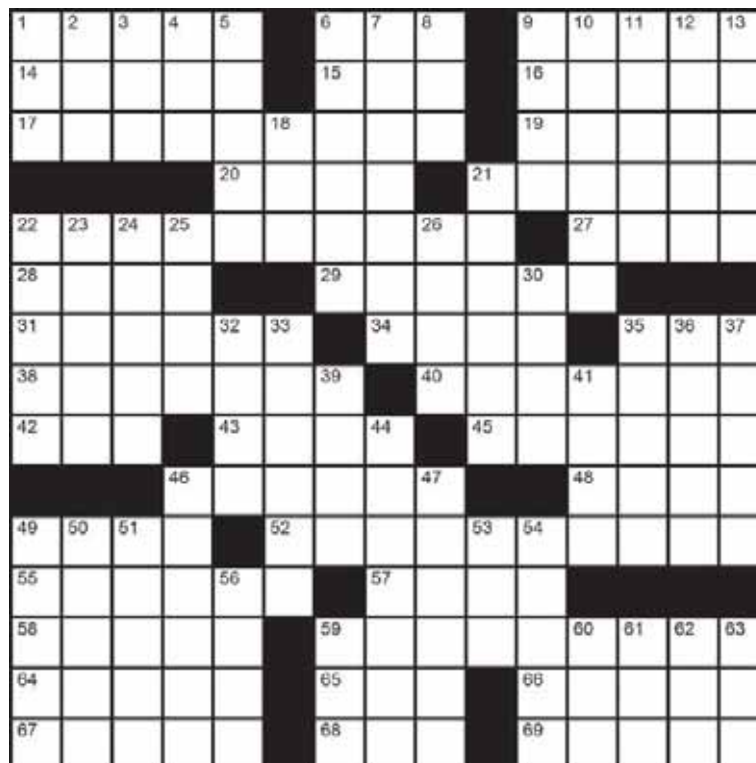
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Earthquake! San Andreas \_
6. Owl's question?
9. White-plumed heron
14. Spelled-out "Star Wars" (1977) character, \_-Detoo
15. Diving bird
16. Sincerely
17. Musee des \_- de Montreal
19. Preps teeth for fillings
20. "Canadian \_" (Talent show Ben Mulroney hosted)
21. Gilligan's building material on the Island
22. 1979 Rupert Holmes hit: "Escape (The \_ Song)"
27. History Channel's " \_ Stars"
28. Adam and Eve's grandson
29. Harps on
31. Even though
34. \_- date (Book the chapel)
35. "Violin" suffix
38. \_ Park (Amusement park near Calgary)
40. Pepper stuffed into an olive
42. Iris locale
43. Expanse
45. Milk container
46. Lord's Prayer part: "... \_ in heaven."
48. Cast- \_ pan
49. Glow
52. Emergency exit stairway: 2 wds.
55. Immerse
57. Move like a river



58. Rome's home
59. \_ Museum (Heritage attraction in Winnipeg which was the home of Sir Hugh John Macdonald (son of our first Prime Minister) who was briefly the Premier of Manitoba

64. "When pigs fly!"
65. Miner's find
66. Kitchen gadget
67. The Shopping Channel host Ms. Culliford
68. Mal de \_ (Seasickness)
69. Impulsive

### DOWN

1. The \_ Four (The Beatles)
2. Queen's "We \_ the Champions"
3. Stage actress Ms. Hagen
4. Mr. Diamond Phillips
5. Britney Spears hit

6. "Ghostbusters" (1984) star Mr. Ramis
7. Wanted Poster fugitives
8. Sanctions
9. Sicilian volcano
10. Grouches
11. Dance style
12. \_ macaroni

13. Model/actor Mr. Beckford
18. Brouhaha
21. Sea in Europe; or, Monopoly board avenue
22. Alberta's \_ River
23. Mosaic component
24. Aristocratic
25. "...or to take arms against \_ of troubles..." - Hamlet
26. Shallow's opposite
30. The Dalai \_
32. Stevie Wonder's " \_ Made to Love Her"
33. Duty
35. The 'I' in IV
36. Brownstone stairway
37. Large weight unit
39. Himalayas hairy humanoid
41. Country singer Mr. Church
44. Price paid by a plane's passenger
46. Protector-from-harm charm
47. Vendor
49. Human \_
50. Door sign
51. Tequila plant source
53. Long time
54. \_ of fabric
56. Constellation for the star Vega
59. Suffix with 'Free'
60. Canadian choo-choo company
61. First aid team, e.g.
62. Soak flax
63. Blue Rodeo hit

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
There is a danger today that you will convince yourself that you can master something that does not come easy to you. It won't do much for your ego if and when it goes wrong.

**Taurus** April 21 - May 21  
Your confidence may be sky-high but you are advised not to take too much for granted. What you gain over the next 24 hours could easily be lost through over-confidence later.

**Gemini** May 22 - June 21  
If you are going to criticize someone today make sure you stick to the facts. If you exaggerate your complaints they will, quite rightly, complain that you are getting personal. It might be best to say nothing at all.

**Cancer** June 22 - July 23  
You need to keep things simple over the next few days. Some things are important but most things are not, so go easy on yourself.

**Leo** July 24 - Aug. 23  
You will need to keep your wits about you today, especially when dealing with money. It is unlikely that anyone is trying to cheat you intentionally but you cannot be too careful.

**Virgo** Aug. 24 - Sept. 23  
If you tackle problems one at a time today you will get through the day with no trouble at all. But if you tackle them all in one go you will confuse yourself to such an extent that nothing worth doing is likely to get finished.

**Libra** Sept. 24 - Oct. 23  
You are entitled to your beliefs and opinions. You are certainly under no obligation to submit to cross examination from people whose perspective on life is the opposite of your own.

**Scorpio** Oct. 24 - Nov. 22  
Let your thoughts roam free today. If there are no limits to what you can imagine there will be no limits to what you can achieve, creatively or romantically. What is possible? Anything.

**Sagittarius** Nov. 23 - Dec. 21  
Whatever challenges you face over the next few days you will tackle with ease. Your confidence is so high that even those above you on the ladder of success will ask you for advice.

**Capricorn** Dec. 22 - Jan. 20  
You may be on a tight schedule but you still need to make time for people who depend on you for support. What you do for them now they will do for you tenfold in the future.

**Aquarius** Jan. 21 - Feb. 19  
Don't be afraid to voice your point of view, even if it is seriously at odds with what majority opinion believes. It's not about quantity, it's about quality, and your arguments are on a much higher level than most.

**Pisces** Feb. 20 - March 20  
Someone you are fond of will please you today but someone else will annoy you. Your mood will depend on how you choose to react.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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